PHYSICAL EDUCATION INSTRUCTIONAL MEDIA

1983

AVAILABLE FROM:

Department of Education
Robert Fletcher Building
1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

FILMS VIDEO TAPES BOOKS PRINTED AIDS

FOREWORD

This publication is intended to serve as a reference for teachers and school administrators in locating physical education resource materials and available support services.

Prepared and Distributed by:

Curriculum Development and Implementation
(Physical Education)
Department of Education
411 - 1181 Portage Avenue
Winnipeg, Manitoba
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I. CURRICULUM DEVELOPMENT AND IMPLEMENTATION

CONTACT: *Curriculum Development and Implementation*
(Physical Education)
Department of Education
411 - 1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Ph. 944-6877

A. PROGRAM PLANNING AND DEVELOPMENT

SERVICES INCLUDE:
- Program Consultation
- Facility Planning
- Visitations
- Workshops/In-Services
- Selected Print Materials
- Consultant Staff Library
  (Many New Materials - Short Term Loan)

B. CATALOGUES

(For Perusal or 3-Week Loan)

- Sporting Goods
- A/V Materials
- Instructional Aids
- Playground and Gym Equipment
- Physical Fitness Testing Equipment
- Rehabilitation Equipment

C. FREE MIMEOGRAPHED AND PRINTED AIDS

1. Dance and Movement

- Creative Dance in the Elementary School (Jane Evans) (themes, teaching suggestions, sample lesson ideas)

- Dance for Children (Docherty, University of Victoria) (teaching suggestions, sample lesson plans)

- Folk, Social and Disco Dances (teaching guidelines and instructions)

- Notes on Movement Education, Rhythm and Creative Dance in the Elementary School (Shivaun Gannon)

2. Fitness

- Elementary Fitness Concepts and Activities (rationale and activities for various components of fitness)

- Health Hustle (fitness exercises to music)
  N.B. - For the music, send blank audio cassettes to the Dubbing Centre, Department of Education Library. See page 49.

- Fitness Fun (rhythmic exercises to music)
  N.B. - For the music, send blank audio cassettes to the Dubbing Centre, Department of Education Library. See page 48.

- Fitness Trails (National Health and Welfare) (trail construction and exercise station purpose; construction instructions)

- Physical Fitness Activities (circuits, calisthenics, strength-athlon, burn-out, distance training, isometrics, weight training)

- Manitoba Physical Fitness Performance Test Manual and Fitness Objectives (includes norms, test items and recording procedures) (limited quantity)

- ManFit (computer fitness adjunct to the above-noted Manitoba test manual)

- Fitness As Simple As A-B-C (discusses fitness concepts)

- Jump for the Health of It (Canadian Heart Association) (suggested teaching methods for jumping rope and specific jump rope skills for individual and group activities)

3. Games, Activities and Sports

- SECTION ONE: Emphasis on Fitness and Basic Locomotor Skill Development (tag, relay, circle and group games)

- SECTION TWO: Activities with Small Apparatus (balls, hoops, bean-bags, ropes, benches, parachutes, mats, balloons, wands)

- SECTION THREE: Classroom and Limited Area Activities (K-6) (ideas for physical education when gymnasium and playground are not available)

- SECTION FOUR: Primary Games Modified Towards Fitness (a presentation of primary games)

- Holiday Oriented Games (descriptions)

- Native Games (descriptions and historical information)

- Basketball: Fundamental Skills
  Lead-up Games

- Field Hockey: Lead-up Games
  Revised (1983) Outline

- Hand and Racquet Sports: Tennis, Badminton, Squash, Handball (Lead-up Games)

- Ringette: Basic Rules

- Rugby: Rules and Lead-up Games

- Soccer: Drills and Lead-up Games

- Soft Lacrosse: Rules and Skills

- Softball: Drills, Skills and Lead-up Games

- Speedball: Rules and Skills Sheet

- Team Handball: (includes elementary modifications)

- Touch Football: Lead-up Games

- Volleyball: Lead-up Games

- Wrestling Instruction (manual for the videotape, which is available from the Dubbing Centre, Department of Education Library) See page 44.

4. General

- Credit Option (Sample) Programs

- Evaluation and Reporting in the Physical Education Program (program, teacher and student evaluation)

- Guidelines to the Selection and Purchase of School Physical Education Equipment and Supplies (includes suggested quantities and specifications, as well as guidelines for the purchase and maintenance of physical education equipment)

- Hard Surface Markings and Playground Development (markings for hopscotch, shuffleboard, squares and circles, as well as suggestions for natural areas and structures for playgrounds)

- Suggestions for Making Improvised and Homemade Physical Education Equipment

- Extracurricular Events for Elementary Schools (the organization of playdays and tabloid meets)

- Lesson Plans (K-12) (samples only)

- Posture (visual T posture analysis)

- Physical Education for the Handicapped (Sources and Resources)

- Participaction Posters (educational series only)

5. Gymnastics

- Apparatus (cargo net and climbing ropes)

- Climbing Frame Activities (K-6) (a guide for instructing and stimulating students toward individual achievement on the movable climbing frames)

- Gymnastics (safety, progressions and techniques in tumbling, vaulting, free exercise and balance bench)

6. Outdoor Pursuits

- Backpacking Leadership Program (checklist for a leader)

- Backpacking Tents (what to look for in a tent)

- Canoeing (describes various techniques involved in canoeing)

- Cross Country Skiing (theory, conditioning, clothing, types of skis, waxing instructions)

- Jam-Pail Curling (equipment construction and tournament guidelines)
- Orienteering (ideas for the classroom teacher)
- What to Wear Cross-Country Skiing (description of clothing, tips on waxing and diagonal stride)
- Camp Cooking (food, recipes, menus)
- Camping Gear You Can Make; Equipment
- Fire Building
- Outdoor Living Planning
- Schools and Cross-Country Skis
- Snow Camping
- Snowshoeing
- Survival Kit

A more comprehensive listing of material, specifically related to outdoor education, is contained in the Outdoor Education Resource Catalogue, 1983.

D. CURRICULUM GUIDES

CONTACT: *Curriculum Development and Implementation*
Department of Education
404 - 1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Ph. 944-6037

- Curriculum Guide: K-12 Physical Education (1981)

For Physical Education Curriculum Supplements, see page 50 for titles and prices.

E. MANITOBA WOMEN IN SPORTS

CONTACT: *Grace Parasuik*
Learning Materials Consultant
404 - 1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Ph. 944-6332

Manitoba Women in Sports is a kit containing eight posters and a Teacher's Guide, featuring photographs and biographies of Manitoba athletes of the past and present. The kits were distributed to every Grades 4-12 school in the province and to Community Recreation Centres. A limited number are available on a request basis.

II. DEPARTMENT OF EDUCATION LIBRARY

CONTACT: Circulation Desk
Department of Education Library
Box 3, Main Floor
1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Ph. 944-7832 or 944-7830

WATS Toll Free Line: 1-800-262-8848, extension 7832 or 7830, for Sections A and B

A. BOOKS

A good selection of physical education books is available. Requests may be made by telephone, mail or in person. Loan period is 4 weeks.

The Department of Education Library Catalogue 1979 contains all books added to the Library's collection since the publication of the Library Catalogue 1974.

If you require copies of the free Library Catalogue 1973 (all materials received by the Library to 1973), Library Catalogue 1974, or the Library Catalogue 1979, please contact the Library's Circulation Desk.

Thus, for a complete record of the Library's book holdings, you should consult the following:

- Library Catalogue 1973
- Library Catalogue 1974
- Library Catalogue 1979
- Subsequent Library Acquisition Lists

B. AUDIO - VISUAL RESOURCES

An annotated Audio-Visual Catalogue, 1981, should be available at every school in the province (copies may also be obtained through the Department of Education Library) and may be referred to for further information concerning material listed here. A Catalogue of Loanable Videorecordings, 1983, should also be consulted.

Borrowing Procedures:

- Information Required: Dewey Classification Number, Author and Title
- Request 2 weeks prior to required time, either through the mail, by phone or in person.
- If material is not available when requested, request on hold be placed on the material and it will be sent as soon as it is available.
- Material should be returned in correct package (By Mail: free postage labels must be attached).
- Loan period is 4 weeks, and audio-visual materials cannot be renewed.

Examples of Library Holdings:

1. Cassettes

PT 155.418 F8	Fun and Games (CBC Learning Systems)
PT 372.21 P35	Learning Basic Skills Through Music (Hap Palmer)
PT 372.21 P35h	Learning Basic Skills Through Music: Health and Safety (Hap Palmer)
PT 372.21 P35v	Learning Basic Skills Through Music Vocabulary
PT 372.7 B3	Basic Rhythms (Honor Your Partner, Album 7)
PT 372.86 G4	Musical Ball Skills (Jacob D. Geiger)

PT
372.86
P34 — Movin' (Hap Palmer)

PT
372.86
P35 — Creative Movement and Rhythmic Exploration (Hap Palmer)

2. Video Recordings

VR
372.86
F58 — The F.I.T.T. Principal - Discusses in a humorous way a fitness-conscious school in Manitoba.

VR
372.860971
J63 — Joe's Gym - An educational gymnastics program stressing the fun and fitness aspect of gymnastics in schools (15 min.)

VR
613.7
J84 — Jump Rope for Heart - Promotes rope skipping as a means towards improved cardiovascular fitness.

VR
641.3
N38
v.1 — Beware the Pies of Starch (National Mulch) Available in 3/4" (15 min.)

VR
641.3
N38
v.2 — Eat, Drink and Be (National Mulch) Available in 3/4" (15 min.)

VR
641.3
N38
v.3 — I Can't Believe I Ate the Whole Show (National Mulch) Available in 3/4" (15 min.)

VR
641.3
N38
v.4 — More and More of Less and Less (National Mulch) Available in 3/4" (15 min.)

VR
641.3
N38
v.5 — The Out to Lunch Bunch (National Mulch) Available in 3/4" (15 min.)

VR
641.3
N38
v.6 — Taking Out the Garbage (National Mulch) Available in 3/4" (15 min.)

VR 641.3 N38 v.7 — To Eat or Not to Eat (National Mulch) Available in 3/4" (15 min.)

VR 641.3 N38 v.8 — Variety is the Spice (National Mulch) Available in 3/4" (15 min.)

VR 641.3 N38 v.9 — The Way the Cookie Crumbles (National Mulch) Available in 3/4" (15 min.)

VR 641.3 N38 v.10 — The Way to the Heart is Through the Stomach (National Mulch) Available in 3/4" (15 min.)

VR 641.3 N38 v.11 — Your Guts and You (National Mulch) Available in 3/4" (15 min.)

VR 685.363 M35 — Webbed Feet (Manitoba School Broadcasts Branch) Deals with construction, kinds and uses of snowshoes.

N.B. - Videorecordings are available for use on either a 3/4" video cassette, 1/2" Betamax video cassette or 1/2" VHS video cassette, except where otherwise indicated.

3. Kits

a) Physical Education - Activities

K 155.4 C74 — Creative Expression (multi media)

K 371.9044 M52 — I Can: Physical Education Program: Body Management

K 371.9044 M52f — I Can: Physical Education Program: Fundamental Skills

K 371.9044 M52h — I Can: Physical Education Program: Health and Fitness

K 372.86044 C45 — Children and Physical Activity (activity and guide cards)

K 372.86044 G34 — "Yes I Can" (movement experiences) D. Gallahue

K 613.7 B46 — Yoga for Beginners/Intermediate/Advanced

K 613.71 D49 — Physical Education Programmed Activities (Gabriel J. De Santis)

K 613.71 P93 — Exercises for the Classroom (Jean Pyatt)
V.1 - 3 records; 1 manual
V.2 - 3 records; 1 manual

K 615.8043 P78 — Prudent Heart Living (Cardiopulmonary Resuscitation in Manitoba Schools) Provides an overview of the C.P.R. technique. For qualified instructors only.

b) Fitness

K 613.7 C35 — The Fit Kit

K 641.1 F85 — Funtrition (D. Jolly and B. Nelson)

c) Playground and Facilities

K 371.6 A64 — Grounds for Learning (A.A.H.P.E.R.) Looks at school site as an educational resource.

K 796.068 W42f — Creative Playgrounds: Fitness Trails (38 slides)

K 796.068 W42m — Creative Playgrounds: Metro Winnipeg (80 slides)

K 796.068 W42r — Creative Playgrounds: Rural Manitoba (80 slides)

d) Outdoor Pursuits

K 613.89 09	Outdoor Survival
K 693.91 M35	Building a Quin-zhee
K 796.5 A39	Adventures with Map and Compass; Orienteering
K 796.5 075	Orienteering, What's That!
K 796.5 088	Outdoor Education; Summer and Winter Survival
K 796.5 098	Outdoor Education; Cooking, Clothing, Rock Climbing

4. Jackdaws (replicas of historical documents)

J 796.334 G37	Soccer (Doug Gardner) 20 pieces
J 796.358 C76	Cricket (Jack Cross) 18 pieces

5. Super 8 MM Cartridge Film Loops

Although some sets are incomplete, the cartridges which are available may provide some useful information.

FL 372.86 K78	WOMEN'S ARCHERY V.1 V.2 V.3	Stance - Nocking the Arrow Draw, Aim and Hold Release and Follow Through
FL 796.345 P65	BADMINTON V.1 V.2 V.3 V.4	Overhead Backhand Strokes Underhand Net Strokes Drives and Around the Head Strokes Footwork

FL
796.357
E44

BASEBALL (for Elementary or Junior High)

V.1 Throwing the Baseball
V.2 Field Fly Balls
V.3 Hitting
V.4 The Art of Bunting
V.5 Pitching
V.6 Playing First Base
V.7 Playing Second Base
V.8 Playing Short Stop
V.9 Playing Third Base

FL
796.323
M45

MEN'S BASKETBALL

V.1 Speed Dribble and Control Dribble

FL
796.323
B38

BASKETBALL (Grades 4-9)

V.1 Ball Receiving
V.2 Passing
V.3 The Hook Shot
V.4 The Lay-up Shot
V.5 Rebounding Skills

FL
794.6
L43

BOWLING (10 pin)

V.1 Spot Bowling for Spares - Hook Ball
V.3 Four-Step Delivery
V.4 One-Step Delivery
V.5 Spot Bowling for Strikes

FL
796.355
W64

FIELD HOCKEY

V.1 Stick Handling - Dribbling
V.2 Fielding
V.3 Drive and Drive to the Left
V.4 Reverse Stick Drive and Drive to the Right
V.5 Pull to Left Dodge and Scoop Dodge
V.6 Dodge to Non-Stick Side and Reverse Stick Dodge
V.7 Push Stroke and Flick Stroke
V.8 Passing; Flat, Leading, Through, Triangular
V.9 Straight in Tackle and Circular Tackle
V.10 Two Hand Tackle from Left and Left Hand Lunge Tackle
V.11 Goal Tending - Stance - Stop and Clear
V.12 Goal Tending - Clear on the Fly - Lunge Stop

FL
372.86
R38

FUNCTIONAL FITNESS (teacher training)

V.1 Agility
V.2 Arm and Abdominal Strength
V.3 Balance
V.4 Coordination
V.5 Flexibility
V.6 Leg Strength

FL	MEN'S PHYSICAL FITNESS (Conditioning)	
613.71	V.1	Cardiovascular Endurance
S94	V.2	Abdominals
	V.3	Arms, Shoulders and Upper Back - Part 1
	V.4	Arms, Shoulders and Upper Back - Part 2
	V.5	Legs
	V.6	Flexibility
	V.7	Balance and Coordination
FL	GOLF	
796.352	V.1	Stance and Address
F68	V.2	The Full Swing
	V.3	Swinging with Different Clubs
	V.4	Putting
	V.5	Trouble Shots
FL	WOMEN'S GYMNASTICS	
796.41	V.1	Balance Beam 1-9
W64	V.2	Balance Beam 10-14
	V.3	Uneven Parallel Bars 1-4
	V.4	Uneven Parallel Bars 5-9
	V.5	Floor Exercise 1-9
	V.6	Floor Exercise 10-16
	V.7	Vaulting
FL	FLOOR EXERCISE MOVES	
796.41	V.2	Backward Rolls
F56	V.3	Cartwheels
	V.4	Spotting Techniques
	V.5	Lead-up Progressions
FL	WOMEN'S GYMNASTICS	
796.41	V.1	Tumbling 1
C37	V.3	Tumbling 3
	V.4	Tumbling 4
FL	WOMEN'S GYMNASTICS	
796.41	V.1	Balance Beam 1-9
W64	V.9	Floor Exercise 1-7
FL	THE SHOULDER ROLL (Grades 4-6)	
796.41		
S56		
FL	TRAMPOLINE/RINGS	
796.41	V.1	Rings 1
M43	V.2	Rings 2
	V.3	Rings 3
	V.4	Trampoline 1
	V.5	Trampoline 2
	V.6	Trampoline 3
	V.7	Trampoline 4

FL 796.31 H35

HANDBALL

V.1 Overhand Stroke
V.2 Underhand Stroke
V.3 Sidearm Stroke
V.4 Serves
V.5 Backwall Returns
V.6 Pass Shots
V.7 Kill Shots
V.8 Ceiling Shot
V.9 Hook Shots

FL 372.86 T35

BASIC MANIPULATIVE ACTIVITIES (teacher training)

V.1 Yarn Balls, Hoops, Ropes and Wands
V.2 Rolling and Fielding
V.3 Foot-Dribbling and Kicking
V.4 Bouncing, Hand Dribbling and Catching
V.5 Throwing and Catching
V.6 Volleying in Different Ways
V.7 Hitting in Different Ways

FL 372.86 T35m

MOVEMENT AWARENESS (teacher training)

V.1 Leads
V.2 Supports
V.3 Weight Transference
V.4 Flight

FL 372.86 K78

BASIC MOVEMENT (teacher training)

V.1 Moving in Many Directions
V.2 Moving at Different Levels
V.3 Movements: Fast and Slow
V.4 The Force of Movement
V.5 The Flow of Movement
V.6 Movements Large and Small

FL 796.93 S55

SKIING

V.1 Natural Instincts vs. Learned Instincts
V.2 Speed Control - Snow Plow
V.3 Speed: Control Turns: Snow Plow
V.4 Traverse
V.5 Stem Turn
V.6 Side Slipping: Uphill Turns
V.7 Stem Christie
V.9 Parallel Turns
V.10 Speed Control - Parallel Turns
V.11 Parallel Turns - Short Swing
V.12 Tricks: Charleston

FL	MEN'S SOCCER	
796.334	V.1	Kicking
S62	V.2	Trapping - Groundballs
	V.3	Trapping - Balls in Air
	V.4	Heading and Back Heading
	V.5	Dribbling
	V.6	Tackling
	V.7	Throw In
	V.8	Goal Keeper - Part 1
	V.9	Goal Keeper - Part 2
	V.10	Goal Keeper - Part 3
	V.11	Goal Keeper - Clearing
FL	LEARNING TO SWIM	
797.21	V.1	Drills for Building Confidence
L43	V.2	Methods of Kicking
	V.3	Methods of Floating
FL	TAPING ATHLETIC INJURIES	
617.1027	V.1	Principles
T36	V.2	Knee Injury: Med. Lig. - Part 1
	V.3	Knee Injury: Med. Lig. - Part 2
	V.4	Knee Injury: Cruciate Lig.
	V.5	The Ankle: The Lateral Ankle
	V.6	Shoulder - Part 1
	V.7	Shoulder - Part 2
	V.8	Elbow
	V.9	Wrist - Part 1
	V.10	Wrist - Part 2
	V.11	Thumb
FL	TENNIS	
796.342	V.1	Footwork
M87	V.2	The Serve
	V.3	Volley and Half Volleys
	V.4	Lobs and Smashes
FL	TENNIS	
796.342	V.1	Position - Preparation
T45	V.2	Forehand Drive
	V.3	The Service Stroke
	V.4	The Volley and Half Volley
	V.5	Lob and Smash
	V.6	Backhand Drive
	V.7	Terminology - Part 1
	V.8	Terminology - Part 2

FL	MEN'S TENNIS	
796.342	V.1	Forehand Stroke
M45	V.2	Forehand Variations
	V.3	Backhand Stroke
	V.4	Backhand Variations
	V.5	Volley
	V.6	Basic Serve
	V.7	Overhead Drive
FL	TRACK AND FIELD	
796.42	V.1	Sprints
F37	V.2	Relays
	V.3	High Hurdles
	V.4	Intermediate Hurdles
	V.5	Middle Distance and Steeplechase
FL	TRACK AND FIELD	
796.43	V.1	Pole Vault
W64	V.2	High Jump
	V.3	Shot Put
	V.4	Discus
	V.5	Javelin
	V.6	Triple Jump
	V.7	Long Jump
FL	POWER VOLLEYBALL	
796.325	V.1	The Serve
P69	V.2	The Underhand Pass
	V.4	The Spike
	V.5	The Japanese Roll - The Block
FL	WRESTLING	
796.812	V.1	Duck Under
W74	V.2	Side Leg Dive
	V.3	Double Leg Dive
	V.4	Quick Sit-Out
	V.9	Inside-Foot Stand Up
	V.10	Outside Switch
	V.12	Outside Roll
	V.13	Inside Roll
	V.14	Far Ankle - Near Arm
	V.18	Far Ankle - Waist
	V.19	Near Ankle Cross-Face

6. Records

a) Rhythm and Movement

PD 372.86 C37	Be a Frog, a Bird, or a Tree
PD 372.86 J35	Carnival in Motion; Basic Body Movements for Little People (W. Janiak)
PD 372.86 E83	Childhood Rhythms (Ruth Evans) 3 records
PD 372.86 C49	Children's Rhythms in Symphony
PD 372.86 H58	Coordination Skills (Harold Hissam)
PD 372.86 L43	Creative and Interpretive Rhythms for All Ages (Harold Le Crone)
PD 372.86 P35	Creative Movements and Rhythmic Expression (Hap Palmer)
PD 371.7 Bu	Creative Rhythms (Joseph Burns) 4 records
PD 372.86 B76	Do Your Own Thing in Physical Education (Judith Brown) 2 records
PD 372.86 F85	Fundamental Rhythms for the Younger Set, K thru 2nd Grade (2 records)
PD 372.87 H64	Holiday Rhythms
PD 372.86 H65	Honor Your Partner (rhythms) Album 7

PD 372.86 L5 — Listen, Move and Dance (2 records)

PD 371.9 C37 — Listening and Moving; Body Awareness and Positions in Space (Dorothy B. Carr)

PD 372.86 M33 — Mainstreaming Movement Activities

PD 372.86 P34 — Movin' (Hap Palmer)

PD 372.7 M95 — Music for Creative Movement

PD 796.07 B37 — Rhythms and Dances; A Course in Physical Education (Gr. 1-12) (Fred Bartlett) 2 records

PD 372.86 T60 C3 — To Move is to Be

b) Games, Activities and Music

PD 372.87 H34a — Activities for Individualization in Movement and Music (Rosemary Hallum)

PD 372.86 H59 — Ball Gymnastics (Dr. Annelis Hoyman)

PD 796.1 Je — Counting Games and Rhythms for the Little Ones (Ella Jenkins)

PD 372.86 K44 — Danish Ball Rhythms; Elementary (Karoline Keeleric)

PD 796.13 B6 — Good Time Music (10 participation game songs for young children) J. Bogin

PD 372.86 G34	Hand Jivin'
PD 371.7 Du	Honor Your Partner; Rhythms, Games, Dances (Ed Durlacher) 4 records
PD 796 Du	Honor Your Partner; Primary Musical Games (Ed Durlacher)
PD 372.21 P35h	Learning Basic Skills Through Music, Health and Safety (Hap Palmer) 1 record; 1 teacher's guide
PD 372.86 L85	Lummi Sticks Record of Instruction
PD 796.13 B6m	More Good Time Music (13 game songs for young children) (J. Bogin)
PD 372.86 G4	Musical Ball Skills (J. Geiger)
PD 372.86 C36	Perceptual-Motor Rhythm Games (Jack Capon)
PD 371.7 Rh	Rhythmic Activities, Volume 1, for Primary Grades (3 records)
PD 796.1 Je	Rhythm and Game Songs for the Little Ones (E. Jenkins)
PD 371.7 R5	Rhythmic Activities, Volume 3, for Primary Grades
PD 372.86 H6	Rhythmic Rope Jumping: Elementary (Dr. Annelis Hoyman)
PD 372.86 H6s	Rhythmic Rope Jumping: Secondary thru College (Dr. Annelis Hoyman)

PD
372.86
R66 — Rope Skipping, Ball Bouncing (4 records)

PD
796.1
Ma — Singing Action Games (M. Matushita)

PD
371.926
E94 — Songs and Activities for Children with Special Needs (Douglas Evans) 2 records and a manual

PD
372.86
G53 — Streamer/Ribbon Activities (Henry Glass)

PD
796
T73 — Traditional Games (primary)

c) Fitness

PD
372.86
C44 — Cherry Round

PD
613.7
K45 — Keep Fit at Home...a program for all the family (Sandy Keir)

PD
613.7
B35 — Keep Fit with Dorothy Ball (Dorothy Ball)

PD
372.86
D4 — Musical Participation Stories for Physical Fitness Fun in Classroom Relaxation Periods and Special Programs (Elizabeth Deutsch) 1 record, posters and teacher's manual

PD
372.86
S43 — Rhythmic Parachute Play (Joann Seker) 2 records

d) Dance

Due to the extensive nature of this section, titles listed below are only a representative selection of all records available under this heading.

PD
793.31
A39 — Advanced Folk Dances (record - 7")

PD 793.3 B35 — Bamboo Hop Record of Instruction (record; 11 direction sheets; 11 instruction sheets)

PD 793.3 Re — Canadian Folk Dances (Eileen Reid)

PD 793.31 C44 — Cheerful Folk Dances (record - 7")

PD 793.3 E90 — E-Z

PD 793.31 F5 — First Folk Dances (record - 12")

PD 793.3 Bu — Folk Dances (Joseph Burns) Album 1 and 2

PD 793.319714 G43 — Folk Dances of French Canada (Jack Geddes) (record - 12")

PD 793.31 F65r — Folkcraft Record Series (20 records - 10" - 78 rpm - some albums have dance instructions on jacket)

PD 793.31 L38 — Laugh and Swing to the Folk Dance (record - 7")

PD 793.3 Je — Simplified Folk Dance Favorites for Exceptional Children (Arden Jervey)

PD 793.31 S64 — Special Folk Dances (record - 12")

PD 793.34 S69 — Square Dances (Honor Your Partner, Album 1) (3 records - 12")

PD 793.34 S7 — Square Dances (contents of each album listed inside slip case)

C. PERIODICALS

Periodicals do not leave the Department of Education Library. Winnipeg teachers are requested to come in person to the library to use these materials. Teachers outside of Winnipeg can receive free of charge, limited numbers of xeroxed copies of requested magazine articles. For further information, contact the Periodicals Technician at 944-7831 or Toll Free Line 1-800-262-8848, extension 7831.

Periodicals in the subject area of Physical Education include:

ATHLETIC ADMINISTRATION (Winter 1972 - to date)

National Association of Collegiate Directors of Athletics
Bashian Publishing, Inc.
1501 Euclid Avenue
Cleveland, Ohio 44115

Frequency: quarterly
Price: $10.00

ATHLETIC JOURNAL (1963 - to date)

Athletic Journal
1719 Howard Street
Evanston, Illinois 60202

Frequency: monthly
Price: $10.00

CAHPER JOURNAL (Sept. 1955 - 1981)

Canadian Association for Health, Physical Education and Recreation
12th Floor, Tower B
333 River Road
Ottawa (Vanier), Ontario
K1L 8B9

Frequency: bi-monthly
Price: $25.00

FITNESS REPORT (Nov. 1980 - to date)

Basquill-Elson Inc.
102 Adelaide Street E.
Suite 202
Toronto, Ontario
M5C 1K9

Frequency: monthly
Price: $70.00

HEALTH EDUCATION (July/Dec. 1976 - to date)

Health Education
Health Services and Promotion Branch
Department of National Health and Welfare
Ottawa, Ontario
K1A 1B4

Frequency: quarterly
Price: free

INTERNATIONAL GYMNAST (June 1970 - Feb. 1977)

SundbySports, Inc.
410 Broadway
Santa Monica, California 90401

Frequency: monthly
Price: $18.00

JOURNAL OF NUTRITION EDUCATION (1975 - 1981)

Society for Nutrition Education
2140 Shattuck Avenue
Suite 1110
Berkeley, California 94704

Frequency: quarterly
Price: $27.00

JOURNAL OF PHYSICAL EDUCATION AND PROGRAM (1976 - to date)

Association of Professional Directors of YMCA's
40 West Long Street
Suite 1000
Columbus, Ohio 43215

Frequency: 6 times per year
Price: $10.00

JOURNAL OF PHYSICAL EDUCATION, RECREATION AND DANCE (1951 - to date)

American Alliance for Health, Physical Education, Recreation and Dance
1900 Association Drive
Reston, Virginia 22091

Frequency: monthly
Price: $35.00

JOURNAL OF SCHOOL HEALTH (1963 - to date)

American School Health Association
1521 S. Water Street
P.O. Box 708
Kent, Ohio 44240

Frequency: monthly
Price: $40.00

MPETA, MANITOBA PHYSICAL EDUCATION TEACHERS' ASSOCIATION (Nov. 1969 - to date)

Manitoba Teachers' Society
191 Harcourt Street
Winnipeg, Manitoba
R3J 3H2

Frequency: quarterly
Price: $7.00

PHYSICAL EDUCATOR (Dec. 1958 - to date)

Phi Epsilon Kappa Fraternity
9030 Log Run Drive North
Indianapolis, Indiana 46234

Frequency: quarterly
Price: $11.00

RESEARCH QUARTERLY FOR EXERCISE AND SPORT (1953 - to date)

American Alliance for Health, Physical Education, Recreation and Dance
1900 Association Drive
Reston, Virginia 22091

Frequency: quarterly
Price: $30.00

SCHOLASTIC COACH (1950 - to date)

Scholastic-TAB Publications Ltd.
Richmond Hill, Ontario
L4C 3O5

Frequency: monthly
Price: $11.50

SPORT AND RECREATION INDEX (1980 - to date)

Sport Information Resource Centre
333 River Road
Ottawa, Ontario
K1L 8B9

Frequency: monthly
Price: $25.00

This index can also be searched on the sports computer data-bank at the same address.

TRACK AND FIELD NEWS (Nov. 1969 - 1982)

Track and Field News
Box 10281
Palo Alto, California 94303

Frequency: monthly
Price: $22.00

TRACK AND FIELD QUARTERLY REVIEW (1973 - 1982)

Track and Field Association/USA
10920 Ambassador Drive
Suite 302
Kansas City, Missouri 64153

Frequency: quarterly
Price: $13.00

Other useful titles that are no longer published which you may find in your school library or at the Department of Education Library include:

CAHPER JOURNAL (MANITOBA BRANCH) (Nov. 1970 - 1977)

CANADIAN COACH (1971 - 1976)

PHYSICAL FITNESS RESEARCH DIGEST (1971 - 1979)

N.B. - The dates following the titles of periodicals indicate the holdings of the Department of Education Library.

- The prices quoted are for 1983 and are subject to change without notification.

Periodical indexes provide valuable access to materials found in journals. The subject headings Physical Education, Physical Fitness and Their Related Terms in the following periodical indexes will lead you to more information.

CURRENT INDEX TO JOURNALS IN EDUCATION
EDUCATION INDEX
CANADIAN EDUCATION INDEX
SPORT AND RECREATION INDEX

D. SELF - SERVE 16 MM FILMS

- An annotated Catalogue of Self-Serve 16 MM Films 1983 is available through the Department of Education Library.
- No bookings (some duplicate titles and other films may be booked through Film Booking and Reference Services)
- Self-serve films must be picked up in person from the Library, 1181 Portage Avenue.
- Only single copies of each title are available.
- Maximum of 2 titles at any one time.
- Must be returned within 5 working days (in person)
- Audience level codes:

  K - Kindergarten
  P - Primary Grades (1-3)
  I - Intermediate Grades (4-6)
  J - Junior High (7-9)
  S - Senior High (10-12)
  A - Adult
  PD - Professional Development or Teacher Training

Shelf Location	Title/Audience Level/Time
	Aquatics
8 D 4	Survival Swimming - Safety
	Gymnastics
4 A 2	Piece of Cake (I J S) 15 min; gymnastic training; Canada - China Competition
	Nutrition
6 C 3	Alexander Learns Good Health (P) 10 min.
9 B 12	You Are What You Eat (P I) 22 min.
	Physical Fitness
3 D 2	Feelin' Great (J S) 21:28 min.

Shelf Location	Title/Audience Level/Time
4 E 12	Physical Fitness: It Can Save Your Life (P I J) 24 min.
4 E 19	Exercise and Physical Fitness (J S A) 17 min.
4 A 15	Rope Skipping (P - S) 16 min.
5 B 12	Your Move (S) 22:35 min.; an appeal to Canadian women to become more fit
6 E 5	The Joy of Effort (J S) 28 min.
6 D 21	Fitness Trails (I J S) 16 min.
11 B 11	Run for Your Life (S A) 17 min.
11 C 21	Think Tall! (P) 10 min.; posture
	Dance
2 A 8	Ballet Adagio (J S) 10 min.
5 A 1	Pas de Deux (J S) 13:22 min.
	Small Group Offense/Defense
	Judo (J S) 20 min.:
6 C 20	Basic Judo Movements
6 C 21	Further Skills
6 C 22	Further Extension to Skill Range
6 C 23	Extending the Skill Range
6 C 24	Counter Attacks
6 C 25	Combination Attacks
	Wrestling Championships (J S) 25 min.; Edmonton, 1970
3 D 6	Part 1
3 D 7	Part 2
3 D 8	Part 3

Shelf Location	Title/Audience Level/Time
	Large Group Offense/Defense
3 A 1	Name of the Game is Volleyball (J S) 9:40 min.
	Outdoor Pursuits
1 D 7	Centaur (J S) 10:30 min.; horses and horsemanship
1 D 14	Edible Plants in Summer (P - S) 11 min.
1 D 15	Dressing Fish (P - S) 11 min.
1 D 16	Proper Summer Bush Clothing (P - S) 9 min.
1 D 17	Artificial Respiration (P - S) 10 min.; survival skills
1 D 20	Using a Compass (P - S) 12 min.
1 D 21	Basic Rock Climbing (P - S) 14 min.
1 D 22	Shelter Construction in Winter (P - S) 11 min.
2 B 26	Tomorrow Winter Comes (J S) 28:30 min.; cross-country skiing
4 D 17	Learn to Ski (J S) 14 min.; downhill skiing
4 B 18	Flight in White (I J S) 14:48 min.; filmed in the Canadian Rockies
4 E 23	Bike Safety: Making the Right Moves (P I) 15 min.
6 E 19	Skateboarding to Safety (I J S) 10 min.
	Canoeing (J S A) 28 min.:
7 A 21	Doubles White Water
7 A 22	Doubles Basic
7 A 23	Solo White Water
7 A 24	Solo Basic
9 D 9	Webbed Feet (I - A) 14 min.; snowshoeing
11 E 14	Winter Survival (J S) 15 min.; color (1979)
12 A 17	Winter Survival in the Bush (J S A) 19 min.; color (1981)

Shelf Location	Title/Audience Level/Time
	Miscellaneous
1 D 8	Half - Half/Three-Quarters/Full (I J S) 8:10 min.; study of an eight oared rowing event
2 C 26	Centennial Athlete (J S) 14:30 min.
3 D 10	A Typical Lesson at Hazlehurst Primary School, Ramsbottom (P - J) 10 min.
5 D 2	We're Gonna Have Recess (P I) 9:20 min.
5 D 9 - 5 D 12	Games of the XXI Olympiad, Montreal (J S) 36 min.
6 A 19 - 6 A 20	Coaches (J S) 57:20 min.
6 D 6	Joe's Gym (PD) 15 min.; color (1981)
7 C 10	Manitoba's Games Summer '76 (I J S) 32 min.
8 C 23	CPR: To Save a Life (S A) 14 min.
9 A 19	Dawn Flight (J S A) 22 min. (1976)
10 C 19	Friendship First, Competition Second (J S A) 25 min.; sports in China
2 A 26	The New Boys (J S A) 26 min. (1974)

E. FILM BOOKING AND REFERENCE SERVICES

CONTACT: *Film Booking and Reference Services*
Department of Education
Box 2, Main Floor
1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

To Book a Film:

Telephone: 944-7849

WATS Toll Free Line: 1-800-592-7330

For Assistance, call the Film Reference Librarian:

Telephone: 944-7851

Outside Winnipeg: 1-800-262-8848 (extension 7851)

Film Booking Information

- Request films by phone or mail (preferably phone).
- Each user will be assigned a client number, which will be given during telephone or mail requests for films, or through contacting Film Booking and Reference Services.
- Client numbers are on file, along with information regarding the mailing address associated with that number. The Film Booking and Reference Services must be informed if there is a change in this address.
- Bookings may be made up to two months in advance, and will be confirmed over the phone and by mail.
- Information which is needed when booking by phone includes: film title, catalogue and client numbers; show date; alternative dates; substitute title and numbers; and specific delivery mechanism (in person pick-up, mail, school division courier).
- Booking by mail is done using the forms located at back of catalogue, or obtained through the library.
- Films must be returned in the appropriate can, in the used state, and include packing slip. Continual failure to return films promptly may result in suspended borrowing privileges.

- Only films booked by mail may be returned by mail. A return postage label must be used and the package must be in the mail by the date indicated.

- Refer to the new Film Catalogue and its supplements for further information and listings.

- Audience Level Codes:

  K - Pre-school/Kindergarten

  I - Grades 1-3

  M - Grades 4-6

  G - Grades 7-9

  H - Grades 10-12

  C - College

  A - Adult

  W - Teacher Training

  J - Grades K-12 (general)

The following physical education films are available:

Dance and Movement

0591 All the Self There Is (1974) - activities to develop self-confidence (14 min.) (color) (W)

1528 And So They Move (1969) - movement exercises for physically handicapped (13 min.) (B & W) (W)

1572 Creative Dance in the Junior School (1969) (30 min.) (color) (W)

3094 Every Child A Winner (1976) - teacher training in values of movement-based physical education (13 min.) (color) (W)

3887 John Cranko (1970) (7 min.) (color)

3610 Learning Through Movement (1968) - movement exercises (40 min.) (B & W) (W)

3837 Mime and Movement (1969) (45 min.) (B & W)

Physical Education Series (1977) (W) :

3505 a) Creative Folk Dance (17 min.)

2630 b) Introducing the Elements of Movement Education (16 min.)

3575 c) Rhythmics in Movement (18 min.)

3596 d) Theme Development in Movement Education (16 min.)

2624 e) Using Large Apparatus in Movement Education (15 min.)

2623 f) Using Small Equipment in Movement Education (16 min.)

Movement Education Series (1969) - Simon Fraser University (color) (W) :

3281 a) Introduction (40 min.)

3280 b) Developing Range and Understanding of Movement (28 min.)

3279 c) Understanding Space and Directional Movements (25 min.)

3194 d) How to Develop a Theme (25 min.)

2339 e) Qualities of Movement (25 min.)

Fitness, Health and Safety

1856 Choking: To Save a Life (12 min.) (G - A)

0573 C.P.R.: To Save a Life (1978) (14 min.) (G - A)

0928 Eat Well, Grow Well (1963) (1 reel) (color) (I)

0751 Exercise and Physical Fitness (17 min.) (J - H)

0010 Feelin' Great (1973) (21 min.) (color)

2992 Fitness Trails (16 min.) (M - H)

2798 Food for Health (1968) (12 min.) (color) (M - A)

2551 Food for Life (1971) (21 min.) (color) (M - A)

2755 Good Life, The (1976) - emphasizes the problem of poor physical fitness (30 min.) (color) (G - A)

4138 Health and Lifestyle: Positive Approaches to Well Being (1980) (28 min.) (color)

3031 Health - Exercise, Rest and Sleep (1967) (11 min.) (color) (I)

3030 Health - Food and Nutrition (1967) (11 min.) (color) (I)

4169 High Blood Pressure (1975) (11 min.) (color)

1329 Our Wonderful Body: Heart and Its Work (1974) (11 min.) (color) (I)

2305 Our Wonderful Body: How We Keep Fit (1975) (9 min.) (I)

0744 Physical Fitness: It Can Save Your Life (1978) (24 min.)

0185 Physical Fitness: New Perspectives (10 min.) (color)

2999 Posture in Motion (1961) (10 min.) (color)

2522 Run Dick, Run Jane (1971) - motivates for physical and emotional health (20 min.) (color) (M - A)

1617 Safety on the Playground (1966) (B & W) (M)

1870 Skateboarding to Safety (10 min.) (M - H)

3003 Weight Training (1960) (10 min.) (color)

1080 Weight Training for Sport (20 min.) (B & W)

2473 You are What You Eat (1976) (10 min.) (G - C)

Games (Activities)

3670 Organizing Vigorous Activities in Physical Education (1969) (20 min.) (B & W) (M - H)

Physical Education Series (W) :

3504 Participation for All (21 min.)

1752 Physical Education Activities for the Classroom (22 min.)

3595 Teaching Game Activities to Primary Children (16 min.)

2631 Teaching Game Activities to Intermediate Children (17 min.)

Physical Education (1964) (10 min. each) (color) :

3589 Unit A (basic skills; softball, tumbling, soccer)

3590 Unit B (basic skills; football, basketball, apparatus)

Sports

Aquatics

1377 Advanced Diving (1954) (10 min.) (B & W) (G - H)

3738 Be a Fish (1960) (15 min.) (B & W)

1605 Fundamentals of Creative Swimming (1961) - body posture, figures (20 min.) (color) (M - H)

1606 Fundamentals of Creative Swimming (1961) - strokes (20 min.) (color) (M - H)

3879 Fundamentals of Swimming (1960) (22 min.) (B & W)

3823 Furthering the Young and Training for the Stars (1963) (10 min.) (color)

3093 Moods of Surfing (1968) (15 min.) (color) (I - A)

0399 New Magic of Swimming (1963) (20 min.) (B & W) (G)

1365 Survival Swimming: To Save a Life (1977) (15 min.) (I - H)

1802 Swimming - Breast and Butterfly Strokes (1954) (B & W) (G - H)

1803 Swimming - Backstrokes (1954) (10 min.) (B & W) (I - A)

Archery

1419 Archery Fundamentals (1961) (11 min.) (color) (I - A)

1661 Sport of Sherwood (1971) (20 min.) (color)

Badminton

3607 Badminton (1967) - family recreation, back yard courts (20 min.) (color) (M - A)

3547 Play Badminton with Won Peng Soon (1969) (15 min.) (B & W) (G)

Baseball/Softball

1146 Girls, Let's Learn Softball (1959) (20 min.) (B & W) (I - H)

3755 Know Your Baseball (1970) (30 min.) (color) (M - H)

1519 Official Baseball (30 min.) (color)

1774 World Series (1969) - New York/Baltimore (45 min.) (color) (J - S)

Basketball

0835 Basketball Fundamentals: Red Check Series (1971) (20 min. each) (color) (G - H) - Part I
- Part II
- Part III

0756 Basketball Today (1976) (30 min.) (color) (G - H)

1668 N.A.B.C.'s of Basketball (1974) (42 min.)

Boxing

1962 Fundamentals of Boxing (1952) (10 min.) (B & W) (H)

Cycling

0841 Bicycle Riding Reminders (1970) (11 min.) (color) (I - M)

0763 Bicycle Today - Automobile Tomorrow (1969) - Driver responsibility and respect for traffic laws (10 min.) (color) (I - M)

0728 Bicycling on the Safe Side (1976) - defensive riding and proper use of 10 speeds (16 min.) (color) (G -A)

0762 Bike Safety - Making the Right Moves (1976) (15 min.) (K - M)

Field Hockey

2013 Hockey Strokes (Scottish Film Council) (1969) (10 min.) (B & W) (I - H)

Floor Hockey

1002 Floor Hockey (Rules and Position Play) (1971) (20 min.) (color) (G - H)

Football

Canadian Football Series (1969) (15 min. each) (B & W)

2025 Blocking
2026 Defense
2024 Kicking
2027 Offense
2023 Passing
2028 Pre-conditioning

N.B. - Demonstrated by the Winnipeg Blue Bombers

Golf

Golf (1969) (H)

2408 Part 1 - Grip and Stance (10 min.) (B & W)

1685 Part 2 - Swing (10 min.) (color)

1647 Part 3 - Short Game (10 min.) (B & W)

Golf Series (1970) (Color) (H)

1160 Unit I - Welcome to Golf (20 min.)

1149 Unit II - Building Your Swing (30 min.)

1505 Unit III - Pitching and Sand Shots (10 min.)

1148 Unit IV - Putting (10 min.)

Gymnastics

3824 Anatomy of an Exercise (1973) (color) (10 min.)

0139 Basic Tumbling Skills (M - H)

3597 Floor Gymnastics (1969) (B & W) (M - G)

1763 Introducing the Trampoline (1969) (color) (M - H)

4043 Joe's Gym (1981) (15 min.) (color)

7096 Joe's Gym - 3/4" videorecording

7097 Joe's Gym - 1/2" VHS videorecording

7098 Joe's Gym - 1/2" Beta videorecording

0224 Piece of Cake - gymnastic training; 1973 China-Canada Competition (15 min.)

0440 Springboard to the Sun (1964) - 4th Pan American Games at Sao Paulo (30 min.) (B & W) (G - H)

4122 The Truly Exceptional Carol Johnston (1979) (16 min.) (color)

Hockey

1889 Blades and Brass (1967) (10 min.) (G)

Hockey Coaching Series (1956) (10 min. each) (B & W) (I - H)

1136 Checking
1105 Defensive Teamplay
1134 Goal Tending
0426 Offensive Teamplay
1135 Passing
1917 Shooting
1918 Skating
2779 Stickhandling

Judo

Judo (1967) (2 min. each) (color)

3714 Basic Judo Movements
3719 Combination Attacks
3715 Counter Attacks
3716 Extending the Skill Range
3717 Further Extending of the Skill Range
3718 Further Skills

2591 Judoka (1965) - Doug Rogers judo training in Japan (18 min.) (B & W) (G)

Lacrosse

3170 Learning Lacrosse (1965) (B & W) (G - H)

Part 1 - Offense (17 min.)
Part 2 - Defense (10 min.)

Rugby/Football

1727 Laws of Rugby (1973) (30 min.) (B & W)

Rugby (1952) (10 min. each) (B & W) (G - H)

1309 Ball Handling
2025 Blocking
1640 Tackling

1508 Rugby - Freedom to Run (1973) (20 min.) (B & W)

Skating

2747 Figure Skating (1963) (20 min.) (color) (M - H)

2312 King of the Blades (1974) (20 min.) (color) (M - H)

Skiing

0702 Cross Country Ski Technique (1976) (30 min.) (color) (G - H)

0195 Cross Country Skiing (1970) (7 min.) (color) (G - H)

2573 Flight in White (1968) - skiing in the Rockies (14 min.) (color) (G)

2186 Holiday on Skis (1971) (color) (G - H)

3110 Learn to Ski (1964) (14 min.) (B & W) (G - H)

1161 Ski (1964) (20 min.) (color) (M - H)

1657 Ski the Outer Limits (1968) - ski stunts (26 min.) (color) (M - A)

2150 Skiing: Beginning Movements (1967) (11 min.) (B & W) (G - C)

Soccer

3467 Football, the Sport of Millions (1956) (13 min.) (B & W)

3788 Goal Getting (1960) (15 min.) (B & W)

3159 Soccer for Boys (1974) (20 min.) (color) (I - H)

1669 Soccer for Girls (1962) (10 min.) (color) (G - C)

1758 Soccer: Pass, Dribble, Shoot (1971) (10 min.) (color) (G - H)

1719 Soccer - Teams in Action (basic skills) (1969) (20 min.) (color) (G - H)

Tennis

0340 Tennis Fundamentals (1971) (30 min.) (color)

3471 Way to Wimbledon (1971) (20 min.) (B & W)

Track and Field

0917 Discus (Dr. Ryan) (1962) (B & W) (G - H)

0916 Distances (1959) (10 min.) (B & W)

2556 Fundamentals of Track and Field (1954) (30 min.) (B & W) (G - H)

2133 High Jump (Dr. Ryan) (1962) (B & W) (I - H)

3786 How to Win: A Lesson in Athletics (1950) (13 min.) (B & W)

1102 Hurdles (Dr. Ryan) (1962) (B & W) (M - H)

2701 Javelin (1959) (B & W) (H)

1138 Pole Vault (Dr. Ryan) (1962) (20 min.) (B & W) (H - C)

1784 The Running Broad Jump (1948) (B & W) (G - H)

3424 Summer Rendezvous (1969) - top athletes in world competition (30 min.) (color) (H)

2358 Track and Field for Intermediate Grades (1970) (31 min.) (color) (I - G)

1479 Track and Field Today (1971) (30 min.) (color)

3496 Training Notes (1973) (10 min.) (color)

Volleyball

2275 Name of the Game is Volleyball (N.F.B.) (1967) (10 min.) (B & W) (G)

1077 Volleyball Drills and Techniques (1962) (color) (M - H)

0478 Volleyball for Intermediate Grades (1970) - demonstrates skills and total class participation (24 min.) (color) (I - G)

Wrestling

Wrestling (basic skills) (1963) (10 min. each) (B & W) (H) :

3591 Part I

3592 Part II

3593 Part III

Wrestling Championships (Edmonton, 1970) (80 min.) (B & W) (H) :

1271 Part I

1272 Part II

1693 Part III

Miscellaneous

0591 All the Self There Is (1974) - new approaches in physical education (14 min.) (color) (W)

0091 Drugs: A Primary Film (1972) (9 min.) (color) (I - M)

3084 Centennial Athlete (1966) (20 min.) (B & W) (G - H)

0793 Coaches (1967) (57 min.) (color) - Parts I and II

2653 Games of the XXI Olympiad (Montreal, 1976) (36 min.) (G - H) - Parts 1, 2, 3, and 4

3034 Joy of Winter (1962) (15 min.) (B & W) (I - H)

1847 It's All in the Game (1976) (30 min.) (color) (H - W)

Kingdom of Could Be You Series (1976) - career awareness (color) (I - M) :

2331 Health

2322 Recreation - Hospitality - Tourism

1804 Manitoba Games (Summer '76) (32 min.) (M - H)

3416 Physical Education Series - Physical Education for Children - interpreting needs and interests in physical education (21 min.) (color) (W)

0189 Race of the Snow Snakes (1972) - ancient Iroquois game (8 min.) (color)

4008 Rope Skipping: Basic Steps (1965) (16 min.) (color)

3818 A Small Town Under Arms (1973) (10 min.) (color)

Outdoor Pursuits

0490 As Tall as the Mountains (30 min.) (G - H)

0656 Boating Good Sense (1962) (20 min.) (color) (G - A)

1314 By Map and Compass (1961) - general map and compass training (26 min.) (color) (G)

0822 By the Sea (1973) - creative expression (14 min.) (color) (G - H)

0348 Centaur (1972) - horses and horsemanship (10 min.) (color)

Netsilik Series (1967) (30 min. each) (color) (M - C) :

3231 Autumn River Camp - Parts I and II

0640 Building a Kayak - Parts I and II

3230 Caribou Crossing Place - Parts I and II

0645 Fishing at the Stone Weir - Parts I and II

6038 Group Hunting on Spring Ice - Parts I, II and III

0639 Jigging for Lake Trout

3233 Spring Sea Ice Camp - Parts I, II and III

3232 Winter Sea Ice Camp - Parts I, II, III and IV

3825 An Olympic Test (1972) (13 min.) (color)

0200 Orienteering (1976) (10 min.) (color) (G)

2194 Outdoor Education (1969) - teacher ideas (30 min.) (color) (W)

Outdoor Education Series (1974) (color) (I - H) :

0679 Basic Rock Climbing (14 min.)

3562 Firebuilding and Cooking (17 min.)

3579 Shelter Building - canoe and plastic tarp (7 min.)

3588 Shelter Building - plastic tarp (10 min.)

Outdoor Recreation Series (1971) (color) (I - H) :

1957 Artificial Respiration (8 min.)

3318 Bush First Aid (Parts I and II) (17 min.)

Distress Signals (18 min.) :

3817 Part I

3816 Part II

3148 Dressing Fish (11 min.)

1520 Drownproofing (8 min.)

0261 Edible Plants in Summer (11 min.)

0470 Emergency Compasses (12 min.)

3345 Firemaking and Shelters (11 min.)

4001 Frostbite and Snowblindness (11 min.)

0361 Fundamental Canoeing (11 min.)

0260 Outdoor Cooking (10 min.)

0280 Proper Summer Bush Clothing (9 min.)

3171 Shelter Construction in Winter (13 min.)

0369 Snowshoeing (12 min.)

Survival Kit (19 min.) :

3298 Part I

3297 Part II

1463 Using a Compass (11 min.)

1747 Paddle and Portage (1972) - techniques of canoeing (13 min.) (color) (H - A)

0231 Paddle to the Sea (1966) (color) (I)

3790 Parachutes (1950) (15 min.) (B & W)

Path of the Paddle Series (1977) (28 min.) :

0216 Doubles Basic

0228 Doubles Whitewater

0227 Solo Basic

0229 Solo Whitewater

2449 Physical Education Series - Orienteering (1977) (18 min.) (I - M)

3529 The Pre-Olympic Versatility Test (1960) (20 min.) (B & W)

3515 Sculls and Oars (1964) (12 min.) (B & W)

3137 Solo (1971) - climbing (15 min.) (color) (H - A)

0609 What Makes Them Run? (1976) - orienteering (20 min.) (color) (I - H)

4132 Winter Survival in the Bush (1981) (19 min.) (color)

4031 You Bet Your Life: A Matter of Survival (1979) (26 min.) (color)

Perceptual-Motor

Kephart Films (1971) (20 min. each) (color) (W)

3703 Academic Applications - readiness activities for visual perception, patterning, sequencing

3536 Balance and Posture: Classroom activities; stunts and games

Development - perceptual and conceptual aspects of learning:

3565 Part I

3704 Part II

3702 Part III

Generalization - descriptive factors that can result in learning disabilities:

3712 Part I

3711 Part II

3710 Hand-Eye Coordination

3713 Laterality and Directionality

Movement Control - movement initiation, movement control, trained development:

3708 Part I

3709 Part II

3707 Perceptual-Motor Match - relating and matching the visual and auditory to motor and kinesthetic data

3706 Receipt and Propulsion - learning related to changing relationships in the environment

3705 Visual Monitoring and Control - exercises and activities

2584 Sensorimotor Training (1970) (30 min.) (color) (W)

F. DUBBABLE RESOURCES

CONTACT: Dubbing Centre
Department of Education Library
Box 4, Main Floor
1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Ph. 944-7848

WATS Toll Free Line - 1-800-262-8848, extension 7848

Copies of the following master video and audio tape programs may be obtained by forwarding sufficient blank tape to the Dubbing Centre.

NOTE: The Library no longer dubs in 1/4" audio tape or 1/2" open reel EIAJ - Type 1 video tape.

Please provide video tape number and title of program.

1. Video Programs

Amateur Wrestling Techniques (VT-55) (35:25 min.) - basic techniques of amateur wrestling

Bixby and Me:

- A movement education series produced for television by the Department of Education, Nova Scotia (1976)
- For the purpose of encouraging young children (K-2) to react to appropriate stimulation and to move so that they may acquire basic skills
- The puppet characters are Bixby, a tom cat, and Rose, who provide a variety of stimuli and guidance that allow children to move.
- Each of the 26 programs is approximately 15 min.

VT-67 Driver Education - directions and pathways

VT-91 The Bixby Bag - simple equipment to stimulate children's movement

VT-118 Howdy Partners - partner work; leading and following

VT-124 Balloons - balloons stimulate activity for movement and imagination ideas

VT-161	Flight - basic locomotor activities emphasizing quality of movement and sequences
VT-163	Bixby's Birthday - shape and body awareness
VT-169	Jig-Saw Puzzle - levels
VT-190	Hickory Dickory Dock - body parts movement to rhythm
VT-240	Teacher's Lesson - illustrates use of the series, hints and suggestions
VT-241	Space - space awareness
VT-242	Camping - awareness of body parts
VT-247	Jungle - locomotion
VT-249	Plasticine - previous experience with modelling materials in art lead naturally to group activities
VT-271	Home Movies - slow and fast
VT-279	Sound Barrier - sounds provide rhythm for movement
VT-282	Better Balance - balance and body support
VT-301	Why Can't a Dog Be More Like a Cat? - curling and stretching
VT-399	Woodberry's Surprise - sudden and quick, sustained and slow movements suggested by percussion sounds
VT-475	Cleaning Day - pushing and pulling
VT-476	Family Reunion - folk dance and partner activity
VT-477	Mountain Climbing - leaping and landing in control (with skipping ropes)
VT-556	Get-Well-Soon - activity using different muscles, bones and joints
VT-537	The Fair - wheels, partners, slow and fast
VT-543	Lights, Camera, Action - poems, stories and action words leading to activity
VT-544	Having a Ball - using balls of various sizes
VT-554	Who Says Cats Hate Water? - a make-believe hike and water safety

<u>The Body Works</u>:

- A series of 40 color video programs
- Promotes life-long habits of good nutrition and regular physical exercise
- Each program is 10 minutes in length and is geared for students ages 6 to 14.
- The series includes 24 exercise programs and 16 fitness and nutrition programs.

a) Fitness and Nutrition Programs

VT-236	What is Physical Fitness?
VT-237	More Than One Way
VT-246	Skip for Health
VT-253	Kilojoules for Energy
VT-254	What's for Breakfast
VT-257	Mission: Nutrition
VT-258	Fitness and Nutrition
VT-280	How Much Space Do You Need?
VT-281	The Inside Report
VT-283	Build a Body
VT-285	Sleep On It
VT-286	Food for Fitness
VT-287	Feeling Fit
VT-288	Get Your Body in Tune
VT-292	Winter Fitness
VT-293	To Tell the Tooth

b) Exercise Programs

VT-294	Exercise Program 1
VT-297	Exercise Program 2
VT-298	Exercise Program 3
VT-299	Exercise Program 4
VT-300	Exercise Program 5
VT-303	Exercise Program 6
VT-305	Exercise Program 7
VT-306	Exercise Program 8
VT-307	Exercise Program 9
VT-308	Exercise Program 10
VT-309	Exercise Program 11
VT-310	Exercise Program 12
VT-318	Exercise Program 13
VT-379	Exercise Program 14
VT-380	Exercise Program 15
VT-381	Exercise Program 16
VT-382	Exercise Program 17
VT-383	Exercise Program 18
VT-385	Exercise Program 19
VT-386	Exercise Program 20
VT-387	Exercise Program 21
VT-405	Exercise Program 22
VT-407	Exercise Program 23
VT-408	Exercise Program 24

Everybody's Doing It (15 min. each) :

- Physical Education - development through physical activity while recognizing individual differences

- The series presents a new dimension in physical education, including the components of fitness and the rewards of being physically fit. Children from Polson School in River East School Division No. 9 participate in the activities which demonstrate the concepts presented throughout the series.

a) Mass Participation (VT-62)

A contrast between the lesson, allowing for constant activity and the traditional lesson in which most children are inactive much of the time.

b) Physical Fitness (VT-63)

- the definition, components and rewards of fitness
- finding pulse rate
- cardiovascular games
- Manitoba Fitness Test

c) Daily Physical Activity (VT-64)

- the physical and psychological advantages of daily physical activity
- various activities presented

d) Basic Motor Skills (VT-65)

- demonstration of a basic screening test
- basic motor skill activities presented

The F.I.I.T. Principal (VT-225) (21 min.) - A comedy about a news reporter who becomes embroiled in a whole school of fitness-conscious students and staff (Physical Education for Children; Exercise for Children; Exercise)

Joe's Gym (VT-125) (15 min.) - An educational gymnastics program stressing the fun and fitness aspect of gymnastics in schools

Jump Rope for Heart (VT-711) (6 min.) - Promotes rope skipping as a means toward improved cardiovascular fitness

Jump Rope for Heart: The Skip Its (VT-95) (42 min.) - Promotes rope skipping to Manitoba youngsters and their physical education instructors for the development of cardiovascular fitness and regular physical fitness habits.

Modern Rhythmic Gymnastics (VT-51) (24 min.)

Movement Workshop (1971) :

a) VT-15 Introduction to Theme Address
Gymnastics: Part 1, Grade II level (39 min.)

b) VT-16 Gymnastics: Part 2, Grade VI level (43:48 min.)

c) VT-17 Gymnastics: Part 3, Teaching Observation Skills, Grade IV level (43 min.)

d) VT-19 Games: Part 1, Grade I level (40 min.)

e) VT-27 Games: Part 2, Grade II level (26 min.)

f) VT-28 Creative Dance: Part 1, Grade V-VI Boys (25:40 min.)

g) VT-30 Creative Dance: Part 2, Grade III Girls (11:55 min.)

h) VT-32 Opening Remarks and Introduction (12:29 min.)

Ontario Team Handball (VT-4) (23:31 min.) - The rules of handball; its similarities to soccer and football.

Physiological Effects of Exercise on Children:

a) VT-164 Trainability and Age (55 min.)

Discusses the influence of training and age upon the aerobic and anaerobic exercise capacities of children.

b) VT-165 Body Temperature Regulation and Acclimatization (53 min.)

Deals with the aspects of body temperature regulation during exercise and acclimatization.

2. Audio Programs

Fitness Fun (approx. 10-12 min. each) :

6 programs of rhythmic exercises to music, courtesy of the Peel Board of Education. For duplication of the entire program, send 3 cassette tapes (C-30). If only some programs would be of value, send one 30-minute tape for each two programs that you specify.

AT-145 Part 1
AT-146 Part 2
AT-147 Part 3
AT-148 Part 4
AT-149 Part 5
AT-150 Part 6

Health Hustle (15 min. each) :

8 programs of rhythmic aerobic exercises to music, courtesy of Scarborough Board of Education. For duplication of the entire program, send 8 cassette tapes (C-30).

AT-188	Part 1, Music
AT-189	Part 1, Music and Cues
AT-190	Part 2, Music
AT-191	Part 2, Music and Cues
AT-192	Christmas Hustle, Music
AT-193	Christmas Hustle, Music and Cues
AT-194	Part 4, Music
AT-195	Part 4, Music and Cues
AT-196	Part 5, Music
AT-197	Part 5, Music and Cues
AT-198	Part 6, Music
AT-199	Part 6, Music and Cues
AT-200	Part 7, Music
AT-201	Part 7, Music and Cues
AT-202	Part 8, Music
AT-203	Part 8, Music and Cues

Staying Alive

Part of the Women in Sports Series, this tape includes a quiz and commentary by a number of athletes.

AT-510	Side 1 (13 min.)
AT-511	Side 2 (18 min.)

III. MANITOBA TEXTBOOK BUREAU

CONTACT: *Manitoba Textbook Bureau*
277 Hutchings Street
Winnipeg, Manitoba
R2X 2R4

Ph. 633-6505

The following Physical Education Curriculum Supplements are available for purchase from the Manitoba Textbook Bureau. Prices are subject to change without notice. Make cheque payable to the Manitoba Textbook Bureau.

	Cost
Folk Dance (1981)	$1.00
Low Organized Games (1981)	$1.00
Perceptual-Motor Programming (1981)	$1.50
The Physical Fitness Objective in Physical Education (1981)	$1.00
Training Methods (1981)	$1.00
Modern Rhythmic Gymnastics (1982)	$1.00
Adapting the Physical Education Program for the Student with Special Needs (1982)	$1.25
Gymnastics (1982)	$1.25
Cardiopulmonary Resuscitation in Manitoba Schools (1983) (for Certified Instructors only)	$1.00
Guidelines for Interscholastic Sports (1983)	$1.25
Daily Physical Activity (1983)	$1.25
Sport Skills (Selected) (1983)	$1.75
Winter Activities (1983)	$1.25
Playground Activities (1983)	T.B.A.

AGENCIES PROVIDING PHYSICAL EDUCATION RELATED MATERIALS

1. American Alliance for Health, Physical Education, Recreation and Dance
(A.A.H.P.E.R.D.)
1900 Association Drive
Reston, Virginia 22091

Ph. (703) 476-3406

- Write for a listing of A.A.H.P.E.R.D. publications and audio-visual material.

2. Canadian Association for Health, Physical Education and Recreation
(C.A.H.P.E.R.)
333 River Road
Ottawa (Vanier), Ontario
K1L 8B9

Ph. (613) 746-0060

- An annotated 1983-84 Publications Catalogue is available upon request from the above address (prices and form are included)

- Material listed under the following subject areas is available:

  - Sociology of Sport Monographs (leadership, the sport fan, motivation, achievement, TV role models, women in sport, careers in sport, ethnic groups, media, research methodology, political economy of sport, group cohesion and sport)

  - Basic Skill Series: 15 manuals describing lead-up games, instruction methods and teaching progressions for a variety of sports

  - Health oriented pamphlets available

  - Dance (dance related articles from the C.A.H.P.E.R. Journal, conference proceedings, courses and programs offered in Canada, papers and presentations)

  - C.A.H.P.E.R. Journal (microfilm recordings)

  - C.A.H.P.E.R. Convention Proceedings

3. Canadian Red Cross - Manitoba Division
   226 Osborne Street North
   Winnipeg, Manitoba
   R3C 1V4

   Ph. 772-2551

4. Department of Health
   Home Economics Directorate
   880 Portage Avenue
   Winnipeg, Manitoba
   R3G 0P1

   Ph. 786-3436

   - Resource book of available material should be available in the schools

   - Pamphlets available (3 per school or agency) - Topics include nutrition, heart health and weight control, etc.

   - Films, slides and tapes available on a loan basis. A complete form must be sent 3 weeks in advance

5. Department of Health
   Information Resources Publications
   Main Floor - 880 Portage Avenue
   Winnipeg, Manitoba
   R3G 0P1

   Ph. 772-4559

   - Health related materials

   - Contact our Centre for regulations.

6. Department of Health
   Information Resources Films
   Main Floor - 880 Portage Avenue
   Winnipeg, Manitoba
   R3G 0P1

   Ph. 772-4554

   - Health related materials

   - Contact our Centre for regulations.

7. Fitness Canada
Journal Tower South
365 Laurier Avenue West
Ottawa, Ontario
K1A 0X6

- Write for annotated listing of material.

- Single copies available upon request free of charge.

- Limited quantities for health and fitness professionals or group leaders as reference materials to be retained for repeated use.

Pamphlets

Aerobic Fitness, Physical Activity and Weight Control, You and Your Heart Rate, Prescription for Physical Activity, Lunch on the Run

Booklets

Health and Fitness, Don't Take It Easy: information for the older Canadian, Moving Into the Teens, Fitness: Questions and Answers, Fitness and Pregnancy, Fitness for Older Adults: A Handbook for Leaders, Fitness and Pregnancy Leaders Manual, Running Dynamic Conferences, Fitness Trails, Moving and Growing: Exercises and Activities for the First Two Years (at cost)

Audio-Visual Packages

Circuit Training to Music, Exercise Break, Take a Break, Standardized Test of Fitness, Employee Fitness Promotion Kit (available on loan), Canadian Home Fitness Test: Fit-Kit (at cost), Canada Fitness Award Kit (indicate numbers of students intended to be tested)

Posters

Fit-Tips, Balance, How to Burn 100 Calories, Heart Rate Target Zone, Fitness for All Canadians, Don't Take It Easy

Other

Physical Activity Readiness Questionnaire (PAR-Q), Guidelines for Fitness Centres and Health Clubs, Employee Physical Fitness Facilities

8. Fitness Section
Department of Health
304 - 379 Broadway Avenue
Winnipeg, Manitoba
R3C 3N4

Ph. 944-4404 or 944-4405

9. Health Services and Promotion Branch
Health Promotion Directorate
603 - 213 Notre Dame Avenue
Winnipeg, Manitoba
R3B 1N3

Ph. 949-2554

10. Manitoba Forestry Association
900 Corydon Avenue
Winnipeg, Manitoba
R3M 0Y4

Ph. 453-3182

- "Conservation Kits" are available (5 per year) dealing with topics such as Manitoba Provincial Parks, animal families, Manitoba wildlife.

- Publications on outdoor education

- Back issues available for 60¢ each

- Listing of contents of issues can be provided

11. Manitoba Heart Foundation
301 Canada Building
352 Donald Street
Winnipeg, Manitoba
R3B 2H8

Ph. 942-0195

12. Manitoba Milk Producers' Marketing Board
104 - 1580 Dublin Avenue
Winnipeg, Manitoba
R3E 0L4

Ph. 786-6063

- Nutrition workshops for teachers available on request.

- Participants receive resource material, information and student activity, ideas to teach nutrition in an interesting, motivating way.

- Teacher's manuals in English; some student material available in French.

- Resources available only through workshop attendance.

- Four Programs: Good Beginnings (preschool)
  Big Ideas in Nutrition Education (K-3)
  Big Ideas in Nutrition Education (4-6)
  Energetics (7-12)

13. Manitoba Sports Federation
Administrative Centre for Recreation and Sport
1700 Ellice Avenue
Winnipeg, Manitoba
R3H 0B1

Ph. 786-5641

- Information for individual sports is available from the various associations.

- Films may be available.

14. National Film Board
245 Main Street
Winnipeg, Manitoba
R3C 1A7

Ph. 949-4131

Film Booking Information:

A. The Library

The library facilities consist of:

i) Self-serve: This section permits easy access to many popular titles. You may immediately check out any films with the use of your film library card.

ii) Pre-book: Should distance prevent you from using the self-serve facilities, or if you want to assure access to certain films on specified dates, you may reserve your films through the pre-book library.

B. How to Borrow:

i) Get a card: Just complete an application form and we'll issue you a library card on which will appear your name, address and client number.

ii) Consult the catalogue: It will give you ideas for film programs. The librarian needs to know the titles and title codes of the films you want.

iii) Order the film: For the pre-book library, we need a minimum advance notice of 2 working days. Maximum notice possible is 1 month. Films may be borrowed for a maximum of 4 working days.

If you live out of town, requests should be received at least 2 weeks, but no more than 3 months, in advance.

When ordering, give:

a) title and code number
b) your card number
c) the playdate you desire

iv) Remember these small but important details:

- Bookings may be submitted by mail, phone, or at the counter.
- For out-of-town customers, we pay the cost of mailing films to you; please return via prepaid parcel post for arrival by due-back date.
- Films must be picked up on the specified shipping date. If not, your order will be cancelled.
- All films must be back in the library on or before the due-back date. There is nothing more disappointing for all our film users than having to cancel a screening because of a late return! All late returns are subject to a fine of $1.00 per film per day late. Please note that customers are responsible for loss or damage of films.

C. General Information:

The library is open, Monday to Friday, 8:00 A.M. - 5:00 P.M. Telephone reservations will be accepted between the hours of 10:00 A.M. and 4:00 P.M.

There is a night deposit at the rear (east) of the building for returns after hours.

Catalogue listings are available.

The following is a listing of physical education related films available from the National Film Board:

- 3 Track (handicap skiing) (17:45 min.) (color)
- Badminton (rules and finesse) (13 min.) (color)
- Be Water Wise (staying afloat, rescue procedures) (13 min.) (color)
- Black Ice (iceboat racing) (10:15 min.) (color)
- Blades and Brass (best of the N.H.L. set to music for movement style) (10 min.) (color)
- Boating and Good Sense (13 min.) (color)
- Born to Run (why people run) (25 min.) (color)
- Bow and Arrow (historical view) (14:41 min.) (color)
- Canada's Cup (sailing race) (50 min.) (color)
- Centaur (horses and horsemanship) (10 min.) (color)

- Coaches (preparing teams for pre-Olympics) (57 min.) (color)
- Cold Water Survival (physiological effects of hypothermia and survival techniques) (11 min.) (color)
- Cross-Country Skiing (6 min.) (color)
- Cycling: Still the Greatest (competition and training) (28 min.) (color)
- Descent (training and tension in downhill ski racing) (10 min.) (color)
- Diving: No Place for Cowards (a look at two of Canada's top women divers; ten meter board) (28 min.) (color)
- Family Camping (guide for campers) (28 min.) (color)
- Feelin' Great (why the human body needs exercise) (21 min.) (color)
- Figure Skating (14 min.) (color)
- First Canadian Winter Games, Quebec, 1967 (25 min.) (color)
- Fitness Trails (6 min.) (color)
- Flight in White (skiing in the Rockies) (14 min.) (color)
- The French Solution (a look at fitness programs) (9 min.) (color)
- Games of the XXI Olympiad (119 min.) (color)
- Get Wet (the enjoyment of water sports) (8 min.) (color)
- Going the Distance (XI Commonwealth Games) (89 min.) (color)
- Golden Gloves (boxers in training) (27 min.) (B & W)
- Half-Half-Three-Quarters-Full (rowing team: practice and competition) (8 min.) (color)
- I Feel Fine (the success of an employee fitness program (13 min.) (color)
- I'll Go Again (Is the training and sacrifice by an Olympic athlete worth it?) (41 min.) (color)
- It's Winning That Counts (pressure and competition in children's hockey teams) (55:24 min.) (color)
- John Rafferty Amateur Boxer (preparation for 1978 Commonwealth Games) (28 min.) (color)
- Joy of Effort (application of science to human performance) (28 min.) (color)
- The Joy of Winter (winter attractions) (14:53 min.) (color)
- Judoka (judo) (18 min.) (B & W)
- Just Another Job (professional hockey) (27 min.) (color)
- Just For Me (women participating in sports) (26:57 min.) (color)
- King of the Hill (the frustrations and satisfactions of major league baseball - Ferguson Jenkins) (57 min.) (color)
- Kung Fu as a Folk Art (29 min.) (color)
- Menu (nutrition film for children) (22 min.) (color)

- Monica Goermann Gymnast (in preparation for the 1978 Commonwealth Games) (28 min.) (color)
- Musical Ride (1955 film presentation of the RCMP and horsemanship) (19 min.) (color)
- The Name of the Game is Volleyball (9 min.) (color)
- Nellie Kim (highlights of this Soviet Union gymnast's performance at the '76 Olympics) (28 min.) (color)
- New Gold for Alaska (Third Arctic Winter Games - 1974) (50 min.) (color)
- No Way They Want to Slow Down (Canadian Ski Team - work and life) (28 min.) (color)
- Olympic Profile Series (a commentary on the performances of the 1976 Olympic athletes, with an explanation of rules and techniques) (each film is about 29 min.) (color)
    - Athletic Events - Jumping
    - Athletics - Field - Throwing Events
    - Athletics - Marathon and Distance Races
    - Athletics - Sprint and Middle Distance Events
    - Basketball
    - Boxing and Judo
    - Canoeing/Rowing
    - Combined Events - Pentathlon
    - Cycling
    - Diving
    - Equestrian I - The Three Day Event
    - Equestrian II - Dressage
    - Equestrian III - Grand Prix Jumping
    - Fencing
    - Field Hockey
    - Gymnastics (men)
    - Gymnastics (men and women)
    - Gymnastics (women)
    - Handball
    - Soccer
    - Swimming I
    - Swimming II
    - Volleyball
    - Water Polo
    - Weightlifting
    - Wrestling
    - Yachting
- Path of the Paddle Series (demonstrates paddling strokes in a variety of situations; emphasizes safety) (each film is 27:50 min.) (color)
    - Solo Basic
    - Solo Whitewater
    - Doubles Basic
    - Doubles Whitewater

- A Piece of Cake (gymnastics) (15 min.) (color)
- Ping-Pong (1973 Youth Competition - China and Canada) (13 min.) (color)
- Play Safe (message to children and adults) (26 min.) (color)
- Once Upon a Hunt (disappointment and failure) (97:45 min.) (color)
- Precision (another view of the RCMP and horsemanship
- Race of the Snow Snakes (ancient games of the Iroquois) (8:25 min.) (color)
- The Rink (skating in the park) (10 min.) (color)
- Runner (Bruce Kidd) (11 min.) (B & W)
- Runners (competition, fitness, therapy) (28 min.) (color)
- Sabre and Foil (fencing) (7 min.) (B & W)
- Sail Away (a boy named Gus is taught the rudiments of sailing) (17:45 min.) (color)
- Schefferville 4th Arctic Winter Games (26 min.) (color)
- The Serious Business of Play (experimental programs) (27:50 min.) (color)
- Sheer Sport (rock climbing) (49 min.) (color)
- Six in a Row (rowing: competition and training) (14 min.) (color)
- 60 Cycles (St. Laurent bicycle race) (16 min.) (color)
- Soccer (soccer culture in B.C.) (27 min.) (color)
- Sports Challenge (a comic cartoon about not succeeding in a fitness program)
- The Sweater (boys passion for hockey) (10:21 min.) (color)
- The Sword of the Lord (exercise, tensions, disappointments of Jim Hunter, Canadian Ski Team) (58 min.) (color)
- Take Your Mark (swimming competition and training) (25 min.) (color)
- Think Before You Eat (a look at our National diet) (28 min.) (color)
- This is Volleyball (30 min.) (color)
- Thunderbirds in China (Vancouver hockey players in China) (57:51 min.) (color)
- Tomorrow Winter Comes (cross-country skiing) (26 min.) (color)
- Twenty-six Times in a Row (discussion of the '76 Olympic Marathon) (24 min.) (color)
- We're Gonna Have Recess (children and play during recess) (50:12 min.) (color)
- What are You Running For? (the entire 42 mile Fernand Grenier Relay Race) (38 min.) (color)
- What Makes Them Run? (5 day "O-Ringen" competition, the largest orienteering meet in the world) (21 min.) (color)
- Winning (National Canoeing Championship in Montreal) (10:50 min.) (color)
- Wrestling (28 min.) (B & W)
- Your Move (an appeal to Canadian women to become more fit) (22 min.) (color)

15. PARTICIPaction
80 Richmond Street West
Suite 805
Toronto, Ontario
M5H 2A4

Contact: Robert Duck
Director of National Projects

Ph. (416) 361-0514

- PARTICIPaction distributes free educational materials that are of interest to teachers on an irregular and unpredictable basis.

- Promotional materials are available on a cost basis (posters, pamphlets, pins, clothing).

- An annotated listing of materials is available upon request from the above address (prices included).

16. Recreation Services
Cultural Affairs and Historical Resources
304 - 379 Broadway Avenue
Winnipeg, Manitoba
R3C 3N4

Ph. 944-4403

Regional Managers:

Westman Region:

Chris Moore
Provincial Government Building
340 - 9th Street
Brandon, Manitoba
R7A 4A7

Interlake Region:

Dave Cain
Box 1519
Gimli, Manitoba
R0C 1B0

Eastman Region:

Terry Hoover
31 - 1st Street
Beausejour, Manitoba
R0E 0C0

Parkland Region:

Elmer Billows
Room 335
Provincial Government Building
27 - 2nd Avenue S.W.
Dauphin, Manitoba
R7N 3E5

Norman Region:

Thompson - Dorothy Davidson
59 Elizabeth Drive
Thompson, Manitoba
R8N 1X4

The Pas - Dorothy Davidson
Box 2550
The Pas, Manitoba
R9A 1M4

Central Region:

Dave Parkes
Box 1750
Morden, Manitoba
R0G 1J0

17. Sport Directorate
Department of Health
205 - 379 Broadway Avenue
Winnipeg, Manitoba
R3C 3N4

Ph. 944-3535

18. Sun Life Assurance Company of Canada
506 - 433 Main Street
Winnipeg, Manitoba
R3B 1B3

Ph. 942-6501

- Publications available on cycling, cross-country skiing, walking and hiking, rowing and paddling.

- Phone before pick-up.

19. Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

Ph. (202) 783-3238

- Related written material may be available.

- Write for information and prices.

20. Travelers Canada
1010 - 220 Portage Avenue
Winnipeg, Manitoba
R3C 0A8

Ph. 943-2531

21. University of Manitoba Book Department
Winnipeg, Manitoba
R3T 2N2

- Will order (or may stock) Canadian Government Publications.

- Catalogue of publications and prices is available for perusal. Materials available include:

  - Family Camping
  - Figure Skating: Fun for Everyone (manual)
  - Guide to Selected Aquatic Activities (Get Wet)
  - Healthful Eating
  - How to Play Better Hockey
  - Lacrosse
  - Ski
  - Soccer (coach's manual)
  - 5BX Play for Physical Fitness (3rd edition)
  - XBX Plan for Physical Fitness
  - Track and Field Series of Wall Charts: hurdling, shot putting, triple jumping, hammer throwing, pole vaulting
  - The Fit Kit

ORDER FORM FOR FREE MIMEOGRAPHED AND PRINTED AIDS

FROM CURRICULUM DEVELOPMENT AND IMPLEMENTATION

(PAGES 2 - 5)

CHECK	TITLES
	1. DANCE AND MOVEMENT
_____	Creative Dance in the Elementary School
_____	Dance for Children
_____	Folk, Social and Disco Dances
_____	Notes on Movement Education, Rhythm and Creative Dance in the Elementary School
	2. FITNESS
_____	Elementary Fitness Concepts and Activities
_____	Health Hustle
_____	Fitness Fun
_____	Fitness Trails
_____	Physical Fitness Activities/Circuit Training/Strengthathlon
_____	Manitoba Physical Fitness Performance Test Manual and Fitness Objectives
_____	ManFit
_____	Fitness As Simple As A-B-C
_____	Jump for the Health of It
	3. GAMES, ACTIVITIES AND SPORTS
_____	Section One: Emphasis on Fitness and Basic Locomotor Skill Development
_____	Section Two: Activities with Small Apparatus
_____	Section Three: Classroom and Limited Area Activities
_____	Section Four: Primary Games Modified Towards Fitness
_____	Holiday Oriented Games
_____	Native Games
_____	Basketball: Fundamental Skills
_____	Basketball: Lead-up Games
_____	Field Hockey: Lead-up Games
_____	Field Hockey: Revised (1983) Outline

CHECK | TITLES

Hand and Racquet Sports: Lead-up Games

Ringette: Basic Rules

Rugby: Rules and Lead-up Games

Soccer: Drills and Lead-up Games

Soft Lacrosse: Rules and Skills

Softball: Drills, Skills and Lead-up Games

Speedball: Rules and Skills Sheet

Team Handball (includes elementary modifications)

Touch Football: Lead-up Games

Volleyball: Lead-up Games

Wrestling Instruction

4. GENERAL

Credit Option (Sample) Programs

Evaluation and Reporting in the Physical Education Program

Guidelines to the Selection and Purchase of School Physical Education Equipment and Supplies

Hard Surface Markings and Playground Development

Suggestions for Making Improvised and Homemade Physical Education Equipment

Extracurricular Events for Elementary Schools

Lesson Plans (K-12)

Posture

Physical Education for the Handicapped (Sources and Resources)

Participaction Posters

5. GYMNASTICS

Apparatus (cargo net and climbing ropes)

Climbing Frame Activities (K-6)

Gymnastics

6. OUTDOOR PURSUITS

Backpacking Leadership Program

Backpacking Tents

Canoeing

Cross Country Skiing

Jam-Pail Curling

CHECK	TITLES
_____	Orienteering
_____	What to Wear Cross-Country Skiing
_____	Camp Cooking
_____	Camping Gear You Can Make; Equipment
_____	Fire Building
_____	Outdoor Living Planning
_____	Schools and Cross-Country Skis
_____	Snow Camping
_____	Snowshoeing
_____	Survival

N.B.

Only one copy of each item per order form will be mailed. These should be placed in the staff library for use by all teachers.

NAME _____

SCHOOL _____

SCHOOL ADDRESS _____

CITY/TOWN _____

POSTAL CODE _____

MAIL FORM TO: Curriculum Development and Implementation
(Physical Education)
411 - 1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

N.B. - Please duplicate copies of this form, instead of using the one in the book. Keep it on file so that other teachers can use it in the future.

POOR

QUALITY

ORIGINAL